

What is claimed is:

1. An adjustment device for adjusting the height of a washstand, the adjustment device comprising:
 - a base;
 - 5 a sliding device fixed on the base;
 - a sliding beam, the washstand being fixed on the sliding beam, and the sliding beam connecting to the sliding device in a way of moving up and down to enable the washstand move up and down relatively; and
 - an actuating device for providing a potential energy to lift back the washstand to a desired position;
 - 10 wherein, the washstand fixed on the sliding beam is able to move up and down with the sliding device and the height in which the washstand moves is adjusted by the actuating device.
2. The device of claim 1, wherein the actuating device is a pneumatic stick.
- 15 3. The device of claim 1, wherein the actuating device is a hydraulic device.
4. The device of claim 1, wherein the actuating device can be other height adjustment devices.
5. The device of claim 1, wherein the actuating device further comprises a control switch to flip the actuating device.
- 20 6. The device of claim 1, wherein the sliding device is a sliding cover and a set of guiding tracks.
7. The device of claim 5, wherein the sliding cover is a sliding bearing.

8. An adjustment device for adjusting the height of a washstand, the adjustment device comprising:
- a base;
 - a sliding device fixed on the base, the sliding device further comprising a sliding cover and a set of guiding tracks;
 - a sliding beam, the washstand being fixed on the sliding beam, and the sliding beam connecting to the sliding device in a way of moving up and down to enable the washstand move up and down relative to the sliding beam; and
 - an actuating device, the actuating device for providing a potential energy to lift back the washstand to a desired position, the actuating device further comprising a control switch to flip the actuating device;
- wherein, the washstand is fixed on the sliding beam, the sliding beam connects to the sliding cover so that the washstand moves up and down only along the set of guiding tracks, and the height in which the washstand moves is adjusted by the actuating device.
9. The device of claim 8, wherein the actuating device is a pneumatic stick.
10. The device of claim 8, wherein the actuating device is a hydraulic device.
11. The device of claim 8, wherein the actuating device can be other height adjustment devices.
12. The device of claim 8, wherein the sliding cover is a sliding bearing.